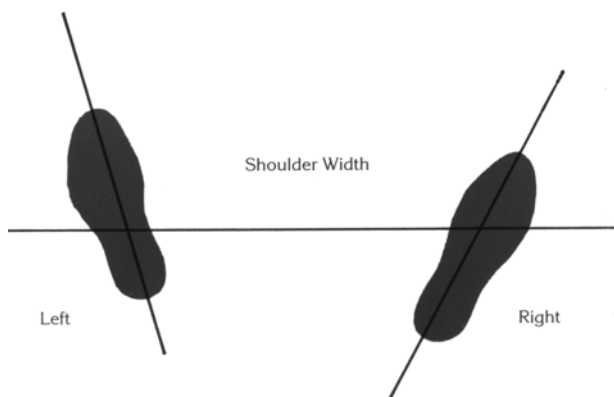




Proper Lifting Techniques

Safe Bending, Lifting, and Carrying



- place your feet apart for good balance
- bend your knees
- keep the load close to the centre of your body
- lift gradually, smoothly, and without jerking
- do not twist your back while lifting, pivot with your feet
- coordinate your lift when working with a partner
- don't lift beyond safe weight limits





Back Care Basics

BASICS FOR BACK INJURY AND STRESS PREVENTION

1. Consider how your job is designed.

- amount of weight lifted
- load lifted from 'how low' to 'how high'
- load carried how far
- body twisted with how heavy of a load
- load lifted how often
- constant sitting
- chair designed for erect and comfortable posture
- work surface height and tilt allows for erect posture
- how much bending, how far, how often, how long



2. Use proper lifting rules.

- tuck your chin (as in military attention)
- keep the load close to your body
- position your feet before you lift to reduce twisting with the load
- lift with your legs
- do not lift beyond your safe limits!

3. Use proper 'ergonomic' rules for sitting.

- keep your feet flat on the floor or support by a foot rest
- do not have space between the back of your knees and the front of your chair
- does the back of your chair support your back?



4. Let your back recover from the stresses of work.

- frequently stretch out of your position. Do one or two simple stretches at least once every hour.

